



Oven-Fried Chicken Nuggets

READY IN



50 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken breast halves boneless skinless
- ☐ 0.8 cup cornflakes
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup buttermilk
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.5 cup barbecue sauce

☐ 0.5 cup soy sauce

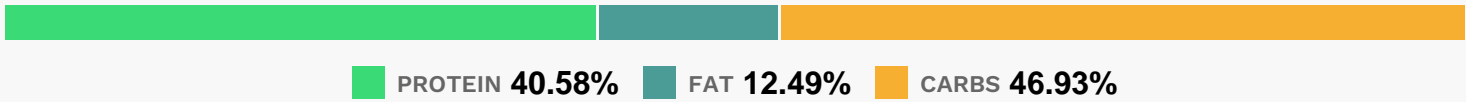
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil.
- ☐ Remove fat from chicken.
- ☐ Cut chicken into 2-inch pieces.
- ☐ Place cereal, flour, salt, paprika and pepper in blender. Cover and blend on medium speed until cereal is reduced to crumbs; pour into bowl.
- ☐ Place chicken and buttermilk in heavy-duty resealable plastic food-storage bag. Seal bag and let stand 5 minutes, turning once. Dip chicken into cereal mixture to coat.
- ☐ Place in pan. Spray chicken with cooking spray.
- ☐ Bake uncovered about 30 minutes or until crisp and chicken is no longer pink in center.
- ☐ Serve with barbecue sauce and sweet-and-sour sauce.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:5.98, Inflammation Score:-5, Nutrition Score:18.177825881087%

Nutrients (% of daily need)

Calories: 350.39kcal (17.52%), Fat: 4.66g (7.17%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 38.74g (14.09%), Sugar: 23.12g (25.69%), Cholesterol: 98.23mg (32.74%), Sodium: 1099.44mg (47.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.2%), Vitamin B3: 17.18mg (85.92%), Selenium:

53.03µg (75.75%), Vitamin B6: 1.23mg (61.32%), Phosphorus: 349.22mg (34.92%), Vitamin B5: 2.3mg (23.04%), Potassium: 655.82mg (18.74%), Vitamin B2: 0.29mg (17.32%), Vitamin B1: 0.24mg (15.86%), Iron: 2.26mg (12.58%), Magnesium: 47.99mg (12%), Folate: 38.86µg (9.71%), Vitamin B12: 0.54µg (8.98%), Manganese: 0.15mg (7.74%), Zinc: 1.09mg (7.24%), Vitamin A: 266.26IU (5.33%), Copper: 0.09mg (4.34%), Vitamin E: 0.55mg (3.65%), Calcium: 33.8mg (3.38%), Vitamin C: 2.69mg (3.27%), Vitamin D: 0.45µg (3%), Fiber: 0.71g (2.85%), Vitamin K: 1.21µg (1.15%)